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Meet Jana Parker, the CEO and Founder of Mind by Design, an empowering educational psychology and intervention practice in Campbell, CA. Mind by Design specializes in psycho-educational evaluations and offers a range of services, including speech therapy, academic tutoring, executive function coaching, and parent support. Passionate about helping families navigate the educational system, Jana leads her team of compassionate and knowledgeable specialists, striving to help children and families thrive.



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Kristina is a Cambrian native and proud owner of Los Gatos Elite. She has been in the youth sports industry for over 25 years and loves helping children and families through sports. As a mom of four, wife and active member in her community, she knows how important making meaningful connections in her community are. Kristina loves to share her experience as a coach, mom, and business owner.

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|| LETTER TO RESIDENTS ||

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Michele Anderson
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Cambrian Neighbors

Hello Cambrian,

As we step into the holiday season, November always feels like a time of reflection and gratitude. It's the perfect moment to pause and appreciate the people, moments, and opportunities that have shaped our year. For me, this magazine is one of those things. It's a privilege to connect with so many incredible people in our community and to share the stories of families, businesses, and individuals who make this area such a special place to live.

This month, as we prepare for Thanksgiving and gathering with loved ones, I'm reminded of the power of local connections. Our community thrives on the relationships we build, whether it's through supporting small businesses, lending a helping hand, or simply sharing a smile with a neighbor. These connections are what truly define us.

I also want to take a moment to acknowledge how important health and wellness continue to be in our lives. As we head into the end of the year, it's easy to get caught up in the hustle and bustle, but I encourage all of us to find balance and prioritize our well-being. Whether it's carving out time for a walk, taking a deep breath during a busy day, or trying something new to enhance your health, let's not lose sight of taking care of ourselves.

Thank you for being part of this journey with us. I am so grateful for each of you, our readers, and our local businesses who make this magazine possible. Let's keep lifting each other up, celebrating our community, and staying strong together.

Wishing you and your loved ones a peaceful and joy-filled November.

Warmly,

Michele Anderson

Michele Anderson

Founding Publisher of *Cambrian Living* & *Cambrian Neighbors*



Stephanie King
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FEEDBACK/IDEAS/ SUBMISSIONS:

Would you like to be a part of Cambrian Living? Do you have an adorable pet, community event, recipe, or sports team you would like featured? Do you have any feedback or just want to say hello? Then we would love to hear from you! Please email stephanieking@bestversionmedia.com with all your Cambrian Living content!



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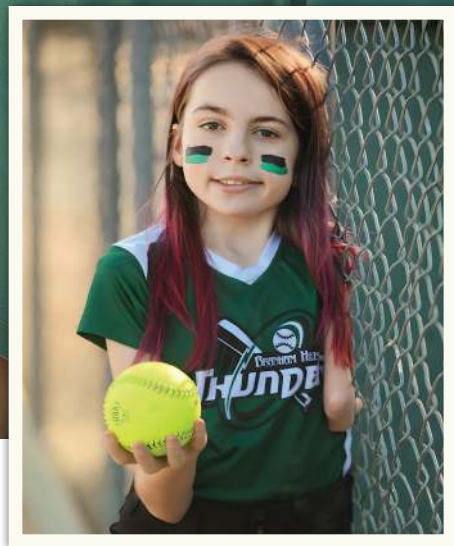
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Meet the *Zimmers*

Calling Cambrian Home Base for Four Generations!

BY STEPHANIE KING

PHOTOS BY DANNY B. ACEVEDO, DBAPIX AND SUBMITTED BY THE FAMILY

In 2007, Michael Zimmer and Angel moved into their home in the Rose/Sartorette neighborhood. This home, however, was not new to the Zimmer family. In fact, Michael and Angel were the third generation to live in this home! Safe to say, the Zimmer ties to Cambrian are strong and prolific.

Michael and Angel, both Cambrian area natives, met through a co-worker who was convinced the couple was meant to be. Turns out, this coworker was indeed correct and in October of 2008 Michael and Angel married at Central Church of Christ on Foxworthy Ave. After their nuptials, the Zimmers spent their honeymoon

in Cancun where they enjoyed visiting Chichen Itza and lounging at the beach.

For the past sixteen plus years, Michael has worked at BAE systems where he is currently a government property manager. Michael's father also worked for the same company, which used to be called



FMC. Currently, Michael is taking college courses at Mission and working towards a degree. Angel worked as a pharmacy technician for eight years and now enjoys volunteering as well as working for her kids' elementary school. She has spent the last six years as a yard duty at Reed Elementary.

Currently, the Zimmer family consists of Michael, Angel, Athena (twelve years old), Persephone (four years old), and Artemis (two years old). All three girls are big fans of softball; both Athena and Persephone play for Branham Hills Girls Softball, and Artemis cannot wait to start next year.

Athena Zimmer, the oldest of the Zimmer sisters, has always faced life with an inspiring blend of courage and grace. Born with early onset scoliosis and a limb difference, Athena's journey has been anything but easy. Yet, her indomitable spirit shines brightly as she navigates her challenges. From a young age, Athena has been captivated by sports, sharing her family's love for the San Francisco Giants. When she first joined Branham Hills Little League, she embraced the game, even as the only girl on her team. When she discovered Branham Hills Girls Softball, it changed everything, finding a community that welcomed her with open arms. Although the pandemic delayed her debut, when she finally stepped onto the field in the fall of 2021, she felt an overwhelming sense of belonging among her teammates. Inspired by slightly older girls, Athena discovered a passion for pitching. She eagerly attended clinics and took private lessons, transforming challenges into opportunities for growth. Her hard work and determination paid off as she became a starting pitcher for several seasons and joined the Branham Hills Thunder travel team. Athena dreams of playing softball at Stanford University, her birthplace, and her ambition drives her forward. Recently, Athena underwent spinal surgery, a significant hurdle in her journey. Though

she couldn't play this season, her heart remains on the field, and she looks forward to reuniting with her teammates. Athena's story is one of resilience, passion, and unwavering hope—a testament to her belief that with determination, any dream is possible. Her journey inspires everyone around her, reminding us all to embrace our challenges and pursue our passions with heart.

Persephone and Artemis look up to their big sister (rightfully so!) and have spent their entire lives watching Athena play softball. "Persephone started Little hitters, the 4u team at Branham Hills and adores the game and her coach," Angel states. "Artemis will be 3 in the spring and can't wait to join little hitters with her sister. She was born into softball attending her first game at only 3 days old. Artemis calls the fields of Alta Vista Elementary home and we kind of agree, it is definitely our home away from home and where our hearts live. The community the girls feel while at the fields is like no other. They play in the dirt and build friendships with families of all ages and never ask when it's time to leave."

The Zimmers are also huge animal lovers and have opened their home to a dog named Memphis, chickens, a bunny, two snakes, a bearded dragon, leopard gecko, and a baby chameleon.

Hands down the Zimmer's favorite part about living in Cambrian is their community. "Our neighbors are amazing," Angel exclaims. "We know all of them by name and go outside and the children play together almost everyday for as long as we can remember." Neighbors also pet sit, plant sit, and in general look out for each other on the Zimmer's street. They also participate in neighborhood events such as water playdates, outdoor movie nights, group trick-or-treating, and salmon pot-lucks. It's like one big family, which is fitting considering Cambrian has nurtured and helped grow generations of Zimmers.





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BRANHAM HILLS GIRLS SOFTBALL

BY STEPHANIE KING

Branham Hills Girls Softball is a family-based organization where any girl who wants to play softball will play regardless of their skill set. Started in the neighborhood in 1964, BHGS boasts a team for everyone: three-year-old littles hitters to 14-year-olds. BHGS has a playing level that ranges from beginners to competitive teams. The primary season is spring, with softball in the summer and fall. Oh, and BHGS also has one of the highest-rated snack shacks on Yelp. What is not to love about Cambrian's local softball community organization?

For nearly 30 years, the Coyne family has been at the center of the league. Mom Kris, dad Butch, and daughters Katie, Emily and Molly. Everyone in the family has been involved, as players, coaches, managers, and board members. Molly and Katie were players for ten years, and both returned to the area after college to participate as player mentors, coaches, and board members. Emily played for



the league while battling childhood leukemia and played for several years until she passed away at age 11. BHGS was a welcome sanctuary for Emily, where she felt she could be a kid despite her medical battles. Emily wished to keep the BHGS community spirit alive so all girls would feel welcome despite their circumstances. The Coyne family has made good on their promise and works diligently to ensure BHGS is a place "where every girl is valued and welcomed and will play, no matter her skill level, physical ability, or financial means."

In the 1990s, Butch and his wife Kris moved to Cambrian to raise their three daughters. The Coyne girls attended Oster Elementary, Union Middle, and Leigh High School. Kris works at the Deaf and Hard-of-Hearing school on the Oster campus. Butch works at Santa Clara University, Katie is a special education



teacher at Ponderosa School, and Molly is a research scientist in San Francisco, where she contributes to the fields of cancer therapeutics and reversing disease and aging.

BHGS has always been about community and supporting the players and families in the area. We invite anyone interested to contact us. **Do you need more information, or would you like to talk to a real person about BHGS? It's easy! Start the connection with Molly. Email her at vicepresident@bhgs.net**

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|| CALENDAR OF EVENTS ||

NOVEMBER

EVERY FIRST AND THIRD TUESDAY LOS GATOS TOWN COUNCIL MEETING

@Town Council Chambers
110 E. Main Street
Los Gatos, CA 95030
Time: 7pm-8pm

Come support your community and let your voice be heard!
Meetings are open to the public. Information about upcoming meetings can be found at www.LosGatosCA.gov

EVERY THURSDAY FAMILY STORY TIME

@Cambrian Library
1780 Hillsdale Ave
San Jose, CA 95124
Time: 11:00am-11:30am

Come participate in early learning activities (specifically for ages 0-5yrs) such as songs, stories, movement, rhyme, and finger play! Parent/caretaker attendance is required. Masks are suggested for ages 2 and up.

EVERY WEDNESDAY AND SUNDAY CHAMP FARMER'S MARKET

@Princeton Plaza Mall
14900 Camden Ave
San Jose, CA 95124

Time: 9:00am to 1:00pm

Support 40+ farmers, vendors, and local businesses at the Cambrian Farmer's Market.

THURSDAY, NOVEMBER 14TH FALL WINE STROLL

@Santana Row
377 Santana Row
San Jose, CA 95128
Time: 5pm-7pm

Stroll the row while sipping on Livermore wine! This event features over ten vendors plus exclusive shopping rates, live music, and more! Tickets are \$50 and include a complimentary wine glass.

THURSDAY, DECEMBER 12TH MAKING SPIRITS BRIGHT: FUNDRAISING HOLIDAY MIXER

@Darling Fisher
231 E Campbell Ave
Campbell, CA
Time: 6:30pm-8:00pm

This fundraising mixer, which benefits the Campbell Community Toy Program, will feature holiday themed activities including food catered by Silicon Valley Bites, libations, and pictures with Santa. Ticket prices TBD.

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A BRAIN UNDER CONSTRUCTION: HELPING YOUR CHILD TRAIN THEIR BRAIN FOR SUCCESS

BY RACHEL Z. ROTH, M.ED., DIRECTOR OF EDUCATIONAL SUPPORT SERVICES | MIND BY DESIGN

As parents, we are always looking for ways to help our children, teens, and young adults be the best version of themselves. When your child has the added layer of a neurodiverse brain (one that thinks and learns differently), it can be quite challenging for them to figure out how to navigate a world that isn't traditionally very accommodating of people who think or act differently.

As you learn more about how your child takes in and processes information, keep in mind that it may differ from your own approach, which can be frustrating, especially if you do not know or understand why they can't see it "your way". In the world of special education and neurodiversity, understanding how children and young adults learn is a big part of how we help support them in skill acquisition, generalization, and maintenance.

Children often need more structure than they are willing to admit; they often get easily frustrated when things do not go as expected. When they experience frustration, that can lead to higher levels of stress, chaotic thinking, and sometimes even impulsive decisions because they don't like the situation they are in. As parents, how you respond to your child when they are in this mode is incredibly important, as they look to you for help and guidance.

WHAT WE KNOW ABOUT HOW THE BRAIN LEARNS & DEVELOPS

Neuroscience teaches that the brain is "plastic" (flexible) and therefore capable

of learning new things. The younger we are, the easier it is for us to create new connections, build new habits, acquire new skills, and adapt to new ways of learning or thinking. For an individual with a neurodiverse brain, the journey to developing new skills may look different than for a neurotypical individual. That being said, there really is no "one true way" of doing things, nor is there a "one size fits all" approach to supporting learning. We need to understand that everyone's brain works and learns a little differently. Therefore, we need to help each individual learn and develop skills and strategies that work best for the way their brains work.

Did you know that we actually have to train our brains to learn how to read? We are not innately born with this skill. It is our exposure to language, taking it in through our senses, that helps us learn to interpret language, associate sounds with letters, recognize letter patterns, and see combinations of letters as words. The fact that we can train our brains to do this proves that there are other things we can "train our brain" to do. It's important to recognize that just because we aren't good at something right now, that doesn't mean that we can't develop the skills we need to improve and grow. Some examples of this are when we learn how to ride a bike, play an instrument, or learn how to play a new sport. Repeated practice and exposure help us build the connections necessary to perform these skills, so that we can access that memory later whenever we need to apply it to a situation or environment. The same can be done for learning new skills that support

improved learning outcomes at school.

USING WHAT WE KNOW TO SUPPORT BRAIN DEVELOPMENT & GROWTH

In the field of education, researchers have discovered that instead of individuals having one true learning style, we actually have a series of learning preferences. These guide our approach to learning, taking in new information, applying that information, and using it to aid in future learning. Additionally, neuroscientists have done brain imaging studies that show that new brain areas are activated when new skills are acquired and used by an individual who had weaker skills prior to remediation. Therefore, we know that interventions and remediation can help children and young adults learn to rewire their brains as well as activate parts of their brains that may be underused or more dormant.

The prefrontal cortex of our brain, located behind the forehead, can be equated to the "air traffic controller" of our daily lives. When children are in school, they are learning and acquiring the skills necessary to train the prefrontal cortex region of the brain to perform very specific types of tasks (decision-making, problem-solving, planning, organizing, and other executive functioning skills). The fact is that our prefrontal cortex is still developing and creating new connections until our mid to late twenties. This is part of the reason why teenagers struggle with these skills; their brains just haven't figured all of this out yet. When you throw hormones into the mix, that makes for stressful times and

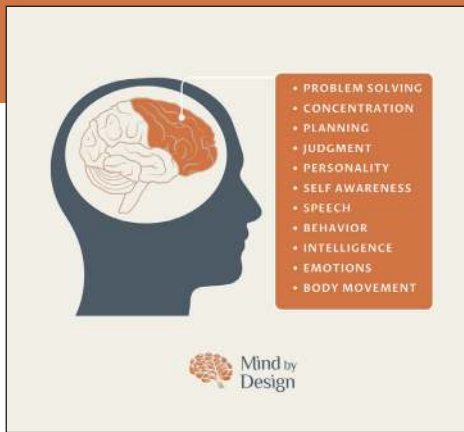
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frustration from parents who know their kid can do things but isn't.

WHAT DOES THIS MEAN?

At the end of the day, your child wants to be a good student. They don't want to struggle, and

they don't want to disappoint you or live in the land of frustration all of the time. If they are resistant to help, it may be out of fear of standing out from peers, fear of failure, or lack of confidence. When I talk to parents about coaching and educational support services, we often talk about the fact that this isn't a lack of ability or intelligence. Rather, their child just hasn't learned these skills yet; their brain is still "under construction" and needs help and support to solidify these skills into habits and routines.

TRAINING THE BRAIN

So, how do we train their brain for success? It starts with identifying what is getting in the way. Sometimes that might be getting an educational assessment or talking to an educational specialist. Other times, it's meeting with a tutor or educational therapist to help guide your child down the path to success. We always strive to foster a growth mindset and build confidence as students begin to gain new connections and start to utilize skill sets that are novel to them. We need encouragement to truly try new things and build confidence in the unknown or unfamiliar.

Training our brains takes time, patience, and effort. None of this is easy work, but believing they can be successful is half the battle. The rest is time! Creating new pathways can be mentally demanding and taxing, but it is also incredibly rewarding for students and their families.

Here are some tips and strategies to help foster that growth and confidence and to encourage your child to keep bridging those gaps on their road to success:

- Help them set realistic and attainable goals.
- Track progress over time, but encourage progress not perfection.
- Celebrate their wins!
- Help them build self-awareness through understanding what they are good at and identifying their own challenges/barriers to success.
- Model using things like a weekly calendar or planner, checklists, and reminders to show that these are common tools that others use to organize their lives.
- Guide them, don't do things for them.
- Show patience, empathy, and understanding when they struggle.
- Model coping skills and strategies for dealing with stress.
- Encourage them to communicate with you and their teachers when they need help.
- Spend time doing fun things together so they don't associate you with all the negative things about school or their learning challenges.
- Don't be afraid to ask for help if you aren't sure what to do.

If you feel like you or your child could benefit from additional support in the development of these skills, please feel free to reach out to us at Mind by Design to discuss how our services could benefit your family.

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FRUITSHARE

BY STEPHANIE KING

In early 2024, high school students Aditya Jha (Junior at Leigh High School), Arav Bansal (Junior at Saint Francis High School, and Aryan Mohanty (Sophomore at Leigh High School) noticed a problem in their neighborhood. So many homes had prolific fruit trees, many were adorned with far more fruit than families could eat! So much fruit was going to waste, but these three innovators decided to do something about it. In March of 2024, FruitShare was formed with the simple goal of reducing fruit waste in the Cambrian area.

FruitShare collects extra fruit from local homeowners free of charge and donates the produce to local food banks such as West Valley Community Services and Calvary Church. It's really a win-win for the community; homeowners can maintain healthy fruit trees while those who are food insecure can enjoy fresh and local produce. FruitShare takes care of everything for homeowners, from picking to transport to delivery! This effortless and simple way to give back allows donors to schedule weekend pick ups at their convenience and also keep a portion of the produce for themselves if they like.

Not only is FruitShare making an impact in the name of sustainability, they are also creating a

community of like minded volunteers who are helping the non-profit grow! FruitShare hopes to expand to the greater Bay Area in the future. When Aditya, Arav, and Aryan aren't volunteering their time, they enjoy hiking together and are all determined to pursue careers in STEM.

"If you have a fruit tree that produces more fruit than you need, and want the fruits to go to people who can benefit greatly from it, sign up through our website (<https://fruitshare.org>) and a team of volunteers will come to your house on a date and time that works for you and pick your fruits completely for FREE. If you would like to support us in a different way, reach out to us (contact.fruitshare@gmail.com) and we will let you know how you can support us. If you would like to volunteer, feel free to email us at contact.fruitshare@gmail.com to learn more about volunteer opportunities through our organization."

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BY JANIS MANACSA, CERTIFIED HALOTHERAPIST/OWNER
SEA SALT THERAPY

Thanksgiving is a cherished holiday that exemplifies gratitude, togetherness and creating lasting memories. Although Thanksgiving is traditionally associated with American customs and traditions, it's a wonderful opportunity to embrace the cultural diversity that exists within the Bay Area community. With the Bay Area's diverse culture, Thanksgiving in the Bay Area offers a plethora of exciting opportunities to celebrate the holiday. Expressing gratitude is a universal concept that exists in various cultures around the world. Here are some culturally diverse ways that others celebrate gratitude and some things we can do that are local to the Bay Area during this special season.

VISIT A LOCAL FARMER'S MARKET

Explore the abundance of fresh produce and artisanal goods at one of the many farmer's markets in the Bay Area. Stock up on locally sourced ingredients for your Thanksgiving feast while supporting local farmers and producers. Cambrian, Campbell, Willow Glen and Los Gatos have great Farmer's Markets. For a trek to the city, visit The Ferry Plaza



Farmers Market in San Francisco and the Alemany Farmers Market in San Francisco's Bernal Heights neighborhood!

GRATITUDE FEAST

Instead of focusing solely on traditional Thanksgiving dishes, encourage guests to bring a dish that represents their cultural heritage, or simply something that they enjoy eating and would like to share with the group! This multicultural potluck allows everyone to experience a diverse range of flavors and culinary traditions. It's an opportunity to celebrate the richness of different cultures through food.

ANCESTOR APPRECIATION

Honoring ancestors and members of the family who have moved on is an important aspect of gratitude. Thoughtfully place photographs or mementos of departed loved ones in your home, use recipes, or table linens or dishes that were passed down to you from your friends and family members. Light incense or candles, decorate with flowers and express gratitude for the wisdom and blessings they have bestowed upon the family. Share stories and memories to keep their legacy alive.

GRATITUDE CIRCLES / THANK YOU LETTERS

Gather in a circle before or after your Thanksgiving meal with friends or family members and take turns expressing gratitude for specific aspects of life. Use a symbolic object to pass around and ensure everyone has a chance to share their appreciation.

Another option is to prepare thank you notes for each of your family members or guests. Taking the time to write heartfelt thank you letters to individuals who have positively impacted your life is a

meaningful and heartfelt way to show how much you appreciate others and for them to show how much they appreciate you. Set up a station at your home to encourage family members and friends to participate in the exercise.

COASTAL THANKSGIVING HIKE

Take advantage of the beautiful Bay Area coastline by embarking on a Thanksgiving hike. Head to stunning locations like Point Reyes National Seashore, Muir Woods or Marin Headlands. Enjoy the breathtaking views, tranquil nature trails, and the opportunity to connect with loved ones while surrounded by the natural beauty of the Bay Area.



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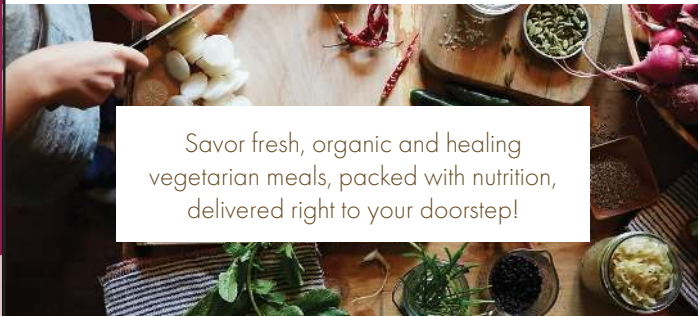


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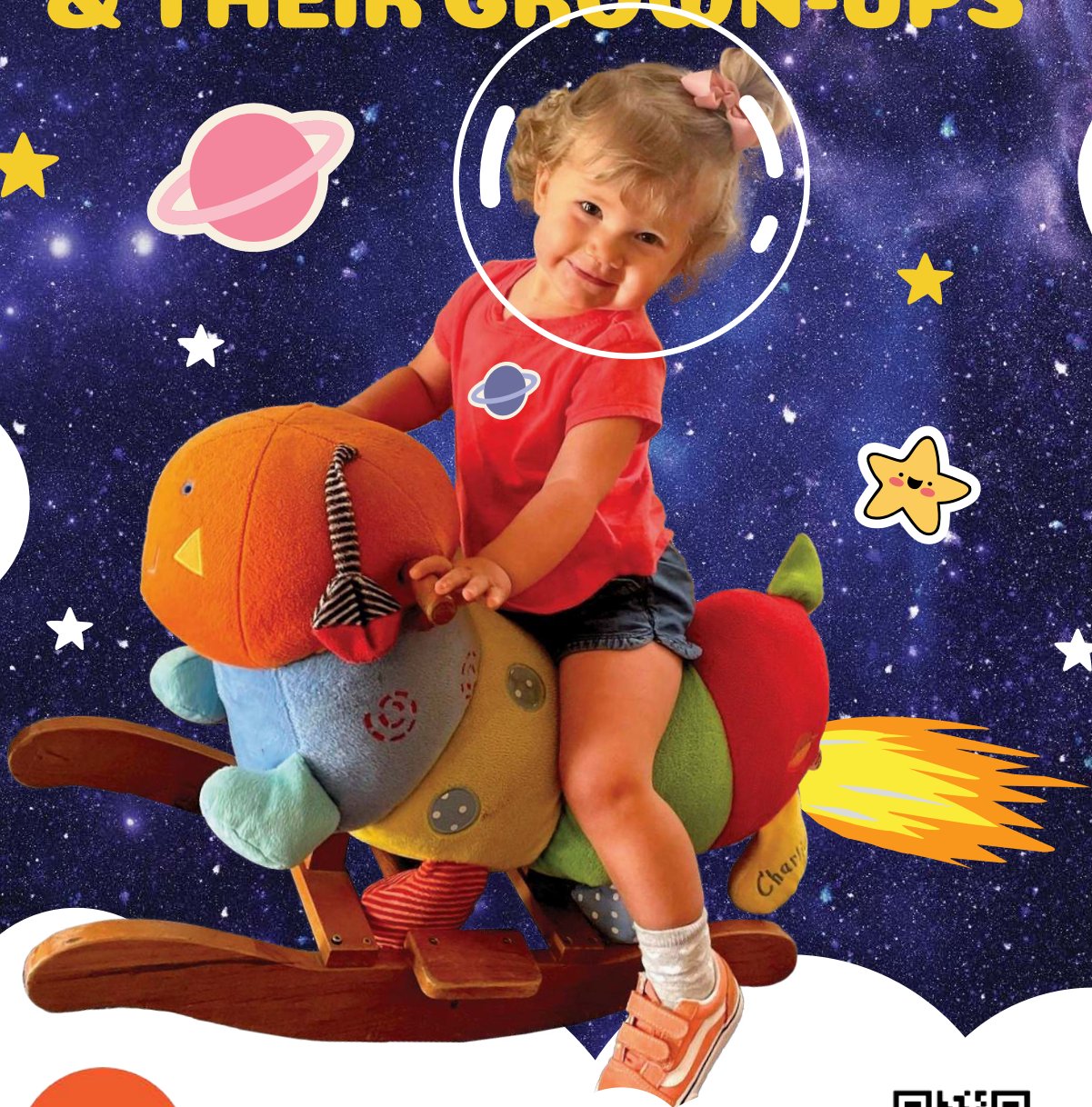
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1776 Ledgewood Drive	1,363	3	2 0	\$1,150,000	\$1,480,000
4736 Calle De Lucia	1,614	3	2 0	\$1,798,000	\$2,225,000
1597 Calle De Stuarda	1,614	3	2 0	\$1,499,000	\$1,800,000
3695 Justine Drive	1,210	3	2 0	\$1,550,000	\$1,750,000
14504 Wyrick Avenue	1,047	2	2 0	\$1,849,000	\$2,150,000
3543 Irlanda Way	1,171	3	2 0	\$1,525,000	\$1,655,000
15360 Woodard Road	2,619	4	3 1	\$2,488,888	\$2,600,000
4340 Linwood Drive	1,554	4	3 0	\$1,868,000	\$1,868,000
1650 York Street	1,280	2	1 0	\$1,349,000	\$1,420,000
4581 Abbeygate Court	925	2	1 0	\$1,179,000	\$1,320,000
3707 Woodard Court	2,600	4	3 0	\$2,598,000	\$2,475,000
1775 Nelson Way	1,169	3	1 1	\$1,574,000	\$1,567,000
1743 Ledgewood Drive	1,281	3	2 0	\$1,399,000	\$1,563,000

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